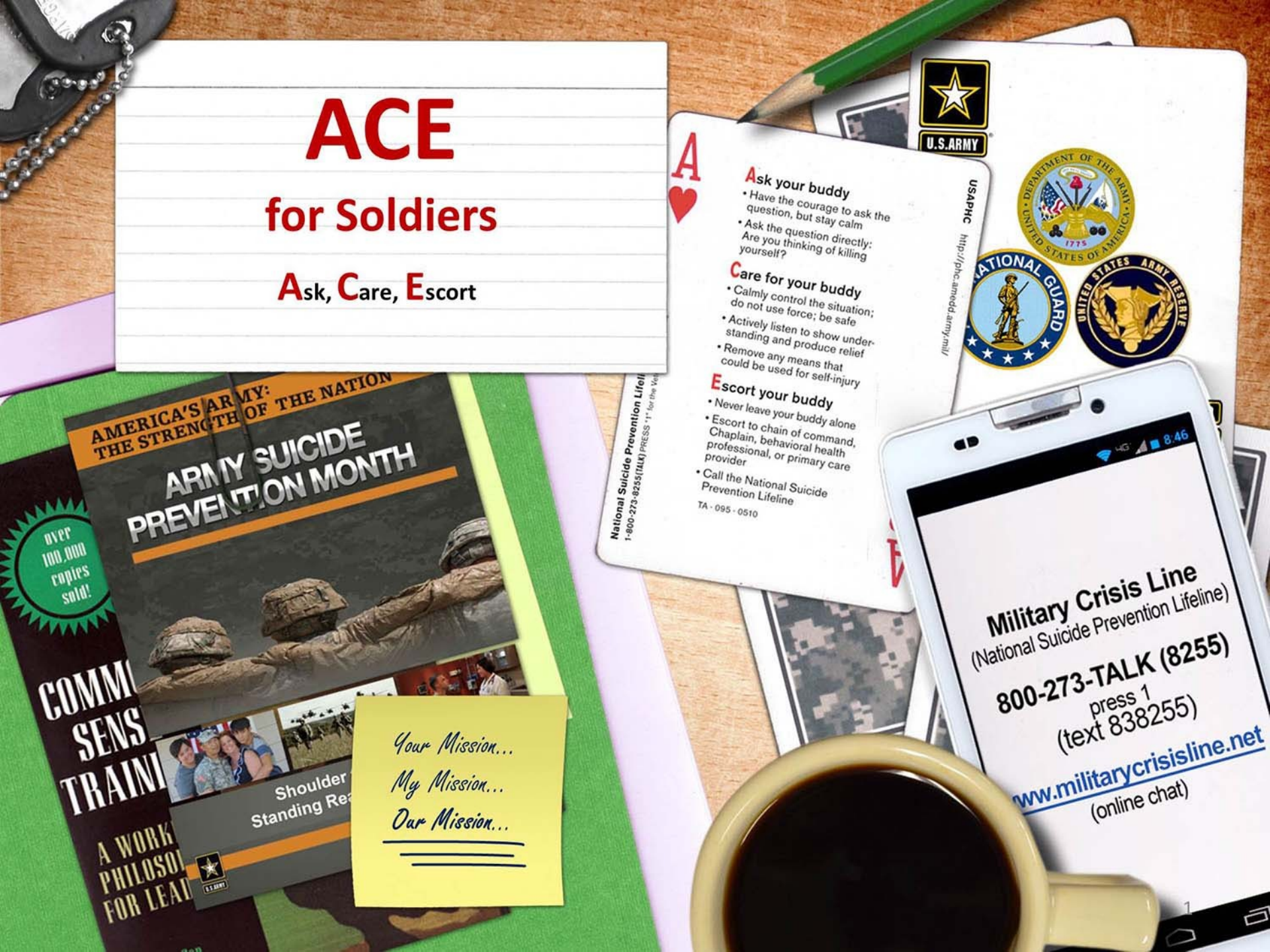
ACE

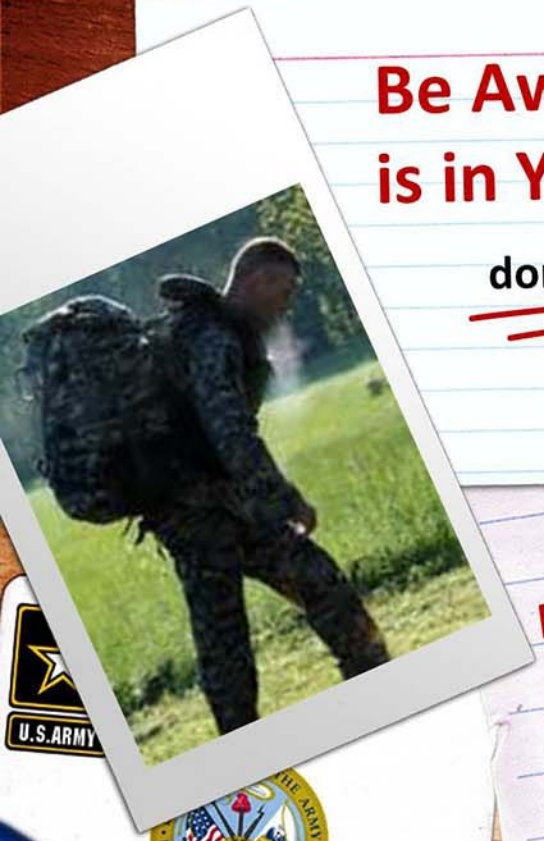
for Soldiers

Ask, **C**are, **E**scort


A
Ask your buddy
• Have the courage to ask the question, but stay calm
• Ask the question directly: Are you thinking of killing yourself?
Care for your buddy
• Calmly control the situation; do not use force; be safe
• Actively listen to show understanding and produce relief
• Remove any means that could be used for self-injury
Escort your buddy
• Never leave your buddy alone
• Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
• Call the National Suicide Prevention Lifeline
TA - 095 - 0510
USAPHC
http://phc.amedd.army.mil/
National Suicide Prevention Lifeli
1-800-273-8255(TALK) PRESS "1" for the Vet
U.S.ARMY
DEPARTMENT OF THE ARMY
UNITED STATES OF AMERICA
1775
NATIONAL GUARD
UNITED STATES ARMY RESERVE
AMERICA'S ARMY:
THE STRENGTH OF THE NATION
ARMY SUICIDE
PREVENTION MONTH
over 100,000 copies sold!
Shoulder
Standing Re
Your Mission...
My Mission...
Our Mission...
8:46
Military Crisis Line
(National Suicide Prevention Lifeline)
800-273-TALK (8255)
press 1
(text 838255)
www.militarycrisisline.net
(online chat)

Be Aware of What is in Your Ruck...

don't just suck it up.



Risk Factors

- Failed relationships
- Family history of suicide
- Prior suicide attempt
- Poor social skills
- Mood disorders (depression/PTSD)
- Drug/Alcohol abuse
- Financial Stress
- Legal (UCMJ/non-judicial) problems
- Access to lethal means

Protective Factors

- Social relationships (family, friends, buddies)
- Available health care (physical/mental)
- Coping ability
- Belief in a higher power, faith
- Participation in group activities
- Getting help when needed
- Personal/Professional values

When your ruck is out of balance, there are ***WARNING SIGNS***

Warning Signs...
Alcohol or Substance Abuse
Talk about killing oneself
Feeling hopeless, helpless, sadness
Relation-ship Issues
CHANGES IN BEHAVIOR
Mood changes
Giving things away
Financial or Legal Problems
Withdrawal from friends and family
Disturbing texts, posts, emails, pictures
Be aware of WARNING SIGNS
Put the PUZZLE together!!
Military
800-273-TALK

IF YOU SEE WARNING SIGNS ASK!
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HOW DO I ASK?
National Suicide Prevention Lifeline:
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A
LEVEL 1
How was the weekend? How was your TDY? How is the family? How is work?
LEVEL 2
You seem off your game... down, what is worrying you?
LEVEL 3
What can I do to help you?
LEVEL 4
Are you thinking about killing yourself?
8:46
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REALLY LISTEN AND CARE!
LEVEL 1
I may not be able to understand exactly how you feel, but I do care about you. I want to help.
A
HOW DO I CARE?
Care for your buddy
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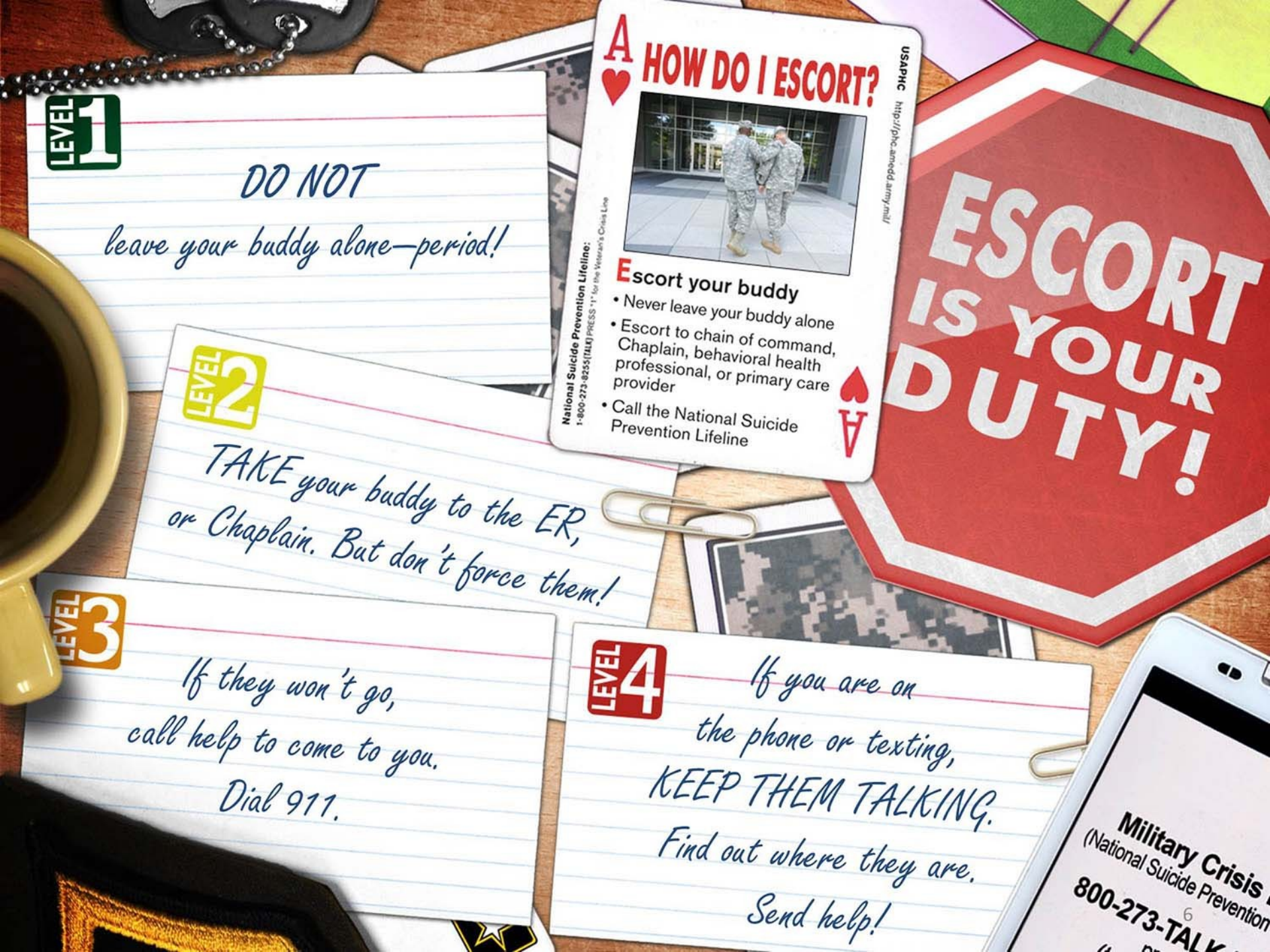
LEVEL 2
ACTIVE LISTENING:
Let me make sure I understand.
Do you mean...?
LEVEL 3
You're not alone.
I'm here for you.
LEVEL 4
I've got your back to get you through this.
U.S.ARMY


LEVEL 1
DO NOT
leave your buddy alone—period!
LEVEL 2
TAKE your buddy to the ER,
or Chaplain. But don't force them!
LEVEL 3
If they won't go,
call help to come to you.
Dial 911.
LEVEL 4
If you are on
the phone or texting,
KEEP THEM TALKING.
Find out where they are.
Send help!
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HOW DO I ESCORT?
USAPHC
http://phc.amedd.army.mil/
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1-800-273-8255(TALK) PRESS "1" for the Veteran's Crisis Line
ESCORT IS YOUR DUTY!
Military Crisis
(National Suicide Prevention
800-273-TALK

SPC Kevin Andrews

- 22 years old, married 2 years.
- 11B – deployed twice to Afghanistan—significant combat exposure.
- Wife cheated with best friend during last deployment.
- Had difficulties learning new Soldiers' skills.
- Because of his slowness, he was often ridiculed by peers and sometimes leadership.
- Everyone believed that he accepted the treatment as good natured ribbing.
- Starting to give away some personal belongings.

ROLE PLAY EXERCISE

HEADQUARTERS DEPARTMENT OF THE ARMY

STP 21-1-SMCT

Soldier's Manual of Common

U.S. ARMY

A

Ask you

Care for y

Escort you

7

TA - 095 - 0510

Stigma –
belief that getting help will cause others to think less of you.

Stigma isolates ...makes problems LARGER!

Help a buddy, ...save a life.

Getting help yourself is a sign of strength.

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(online chat)

Your job—set the example:

- Don't tolerate bullying or embarrassing people.
- Get help yourself if you need it.
- Offer to help someone in need.
- Maintain climate of trust / respect.

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National Suicide Prevention Lifeline: 1-800-273-8255(TALK) PRESS 1 for the Veteran's Crisis Line

- **Local Emergency Resources (Dial 911)**
- **Military Police/Civilian Police**
- **Your chain of command**
- **Hotlines--trained people 24/7/365**
  - **Military Crisis Line (National Suicide Prevention Lifeline)**
    - **800-273-TALK (8255) press 1**
    - **Text 838255**
    - **Europe: 00800 1273 8255** or **DSN 118** (may not be toll free for all carriers)
    - **Korea 0808 555 118 or DSN118**
    - **www.militarycrisisline.net (online chat)**
  - **OEF Crisis Line**
    - **ROSHAN: 070-113-2000, wait for dial tone and dial 1-1-1**
    - **DSN/NVOIP 1-1-1 or 318-421-8218**
    - **Service members can also receive support by e-mailing** OEFCrisisHotline@afghan.swa.army.mil

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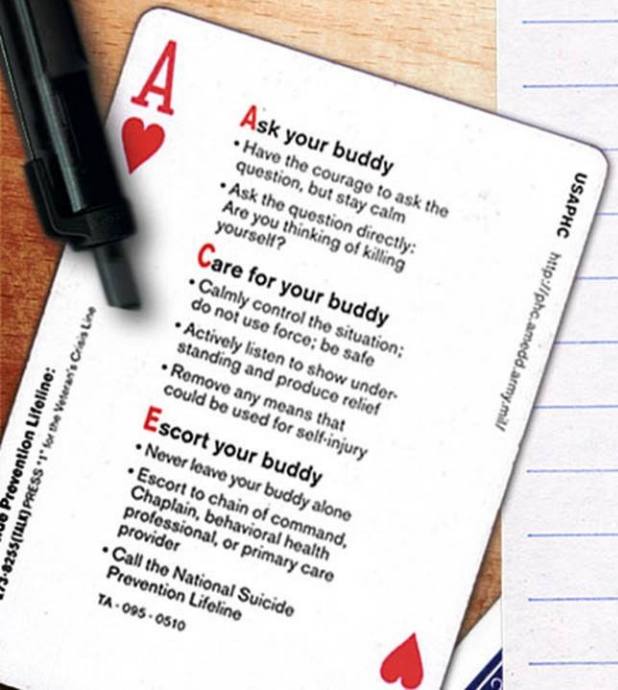
Using your smartphone or tablet, navigate to the Army Suicide Prevention Program (ASPP) webpage, using the QR Code to the right or by going to www.preventsuicide.army.mil

- Choose some links to explore
- For example, look for:
  - Military Crisis Line
  - Military OneSource
  - Community Resource Guides

Insert Slide Title or Unit Logo

<This space is provided for the trainer to insert local information such as …

- Resources
- Tools
- Policies
- POCs >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